

Bliss Bytes

From the discourses of
NITHYANANDA

Vol 2



*Discourses delivered to Swamis and Ananda Samajis of
the Nithyananda Order all over the world*

Bliss Bytes Vol. 2

Nithyananda



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Encapsulations from discourses of Nithyananda.

Take one a day and be in Bliss.

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1. Life is the True Miracle

Once, I clapped my hand and produced an idol. The people in the room thought it was a miracle.

I explained to the group that it was not a miracle, but merely a sleight of hand. I had merely teleported the idol by moving it from my room to my hand.

Does a cell phone seem like a miracle to us? No, it is just a tool. Teleportation is another tool, just like our cell phones. Sound waves move between cell phones enabling us to talk to each other. When I teleported the object from the room, I simply converted the idol into energy, teleported it, and reconverted the energy back into matter. That's all.

When we don't know the cause and effect relationship, we call these actions miracles. Some people equate gaining these 'miraculous' powers to being in an elevated spiritual state. Nothing can be further from the truth than this. If we understand this, we will begin to appreciate the real miracles of our universe.

These 'powers' are merely distractions on the spiritual path. They are no measure of the spiritual state one is in. Every spiritual aspirant should have a single lofty goal - to experience the collective consciousness and merge into it.

A small parable narrated by Ramakrishna Paramahansa, an enlightened master from Dakshineswar, West Bengal, India, explains the foolishness of chasing these so-called miracles.

Two brothers selected different paths in their lives. The younger brother decided to become a monk and the elder brother entered into business. After 15 years, the younger brother returned home. The elder brother had by now become a rich businessman in the area. He received his younger brother well.

As they began to discuss their achievements, the elder brother said, 'I have acquired material riches and gains. How have you fared?'

Without a word, the younger brother stood up and walked to the riverbank. He walked across the water

and reached the other side of the river. The elder brother rode the ferry and joined him on the opposite bank.

Bursting with pride, the younger brother said, 'This is my achievement!'

The elder brother said, 'Did you spend all the time learning this? I achieved the same result by spending two rupees. What a waste of your life, time and effort!'

This is what happens to us when we get caught in the world of so-called miracles. We miss the real miracle that is Life itself.

Appreciate that life itself is a miracle. The gift of life is the best thing that has happened to us ~ the most significant miracle.

2. Trust Brings Bliss

Desires or hopes cause us much heartache. We spend so much of our time and energy chasing them that these desires control our life. Not only that, religion and society control us through our desires by the use of guilt.

Desires, if they are unselfish, deep, and pure, have the potential to become fulfilled. True desires rise from the core of our being and benefit the world and society at large. They have an underlying degree of common good for others. Such desires have the support of the universe which will bring in the energy needed to fulfill them.

Most of our desires however, are selfish and self-centered, arising from greed or jealousy. When such desires remain unfulfilled, we become angry or depressed. On the other hand, if our desires are realized, the happiness wears off quickly, so we continue to chase more desires, hoping to find fulfillment again.

Our list of desires is endless. The truth is many items on the list are borrowed from our family, friends and neighbors. In other words, we want something because we see someone else with it. When our borrowed desires are realized, we experience guilt because we don't really need them. Desires which are born out of jealousy, guilt, greed, lust, or envy, take a heavy personal toll. Even when these desires are realized, they leave us feeling unfulfilled. They sap our energy and leave us swamped with guilt.

This guilt is an effective tool in the hands of religion and society. They are quick to penalize us by naming these guilt feelings as something deeper: sin. According to the church, sin is a divinely punishable offence. Our search for an antidote to our guilt takes a large amount of energy, leaving us tired.

The truth is that guilt and desires are labels of our mind, just like the labels people give us throughout our life: doctor, wife, husband, son, daughter-in-law, or friend. Society and religion wants us to believe that we cannot survive without these types of identities.

Over centuries, society and religion have put a system in place which survives only when it has followers; it does not need leaders. The rules are rigid and strict obedience is extracted. The rules gradually erode our self-confidence until no spirit remains. We merely cling to the system out of fear of hell.

In order to change this dependence on society, try this small experiment. For today, do not worry about what others are thinking about you. The truth is that they are in turn worrying about themselves and what others are thinking about them! So just for today, do not worry about them. Do not try to imitate anyone. Just be what you are without any fear of anybody or anything. Just have faith in Existence and your connection with it and Be.

You will see: This will connect you to your inner Being. Learn to trust it and become sensitive to higher life. This trust will eventually bring joy and eternal bliss: ~
nithyananda!

3. Enlightened Education

All around us, there are many examples of how an enlightened master works. Now that we have these examples, we should use this opportunity to correct some mistakes.

One grave mistake society has made is in the creation of our modern education system. There is no continuity of tradition in modern education. Ancient masters, on the other hand, followed the lineage, and maintained spiritual tradition.

It might come as a surprise for many of us to know that our society has changed a great deal. We actually have little or no freedom now. Our lives are bound by rigid rules as dictated by our society and there are expectations of proper behavior heaped on young children.

In the gurukul system that was designed by the enlightened masters, children were free. They lived as one with nature and could relate with flowers, forests, trees, animals, and earth. Until the age of seven, children simply lived as a part of nature, with no idea

that they were individuals. They were not even aware that they had a body. They simply lived as a part of nature.

The reasons for this are profound and deep. The enlightened masters were laying down in childhood the very first spiritual lesson: connecting to the ether energy. This is fundamental to any spiritual practice.

Today, we have moved away from this ether energy of which we are an intimate part. From the all pervading energy that we are, we have moved to rigid gender based rules. We dress up even infants in distinct male or female clothing. We expect girls to behave in a different way from boys and we have different norms of acceptable behavior for both. The enlightened masters knew that expression of gender was transient. They moved as one with the Existential energy and also taught their disciples the same thing.

Another natural fact, a true fact of nature, which will shock people today: nobody is totally male or female. When we are born, every one of us has characteristics of both genders within us. A man is only 51% male! He

is 49% female. Similarly a woman is only 51% female, and 49% male. Inherently, every individual joyfully expresses both characteristics with the more prominent percentage expressing more, and they become beautiful beings.

But the rigid rules of our society do not tolerate the expression of the opposite gender within ourselves. In fact, society conditions us to suppress the opposite gender characteristics. Our social norms rigidly classify us into one gender from the moment of birth. This gives rise to suppression of the opposite gender within us. This suppression takes the form of lust for the opposite gender outside of us. This is how attraction for the opposite sex starts.

In the gurukul system, every child in the country belonged to the master, the Guru. Such was the beautiful system they designed. It was flexible for the group and yet easily individualized, and so the individual flourished. The master, who had an enlightened insight into the core of human nature, was at the helm of affairs.

4. Vacuum is Energy

We think that a vacuum is emptiness but it is not.

According to Science, a vacuum is the absence of matter, which, in turn, is the manifestation of energy. However, a vacuum is also energy. Scientists are now working with this idea and after decades of experiments and observations, they realize that a total vacuum cannot be created. There is no such state as a total vacuum.

Even in space, where we think a vacuum exists, ether is present. Scientists now understand that ether is a form of energy. As it can be measured and handled, it is also matter!

Science is evolving at a fast pace. But it has to go a long way to catch up with spirituality. There is an opportunity for science to present spiritual truths through understanding that a vacuum is not the total absence of matter but is in fact the absence of only certain parts of matter. All of creation is made of five elements: earth, water, fire, air, and ether. A vacuum is

the absence of four of these elements: earth, water, fire, and air.

Science has merely changed its opinions based on observation. Scientists have not made any new discoveries, but are merely coming up with concepts to measure and work on ether.

Many thousands of years ago, the sages of the Eastern world developed the concept of *Vaastu Shaastra* (a practical application of elemental energies similar to the Chinese concept of *Feng Shui*). This science is meant to utilize and channel the power of ether and to apply it in daily life. The entire science of *Vaastu Shaastra* is based on ether energy, the subtlest and the most powerful of the five elemental energies. The power of *Vaastu Shaastra*, the underlying science behind building homes, is all based on ether. Scientists are only now beginning to work on this power and working with other ways to use ether.

Ether is the connecting substance in the universe; it is bliss energy. When we experience a feeling of oneness or have the experience of the collective

consciousness, we enter into the ultimate experience of our lives. We live in bliss. Our true nature is revealed.

In the depths of our consciousness, there is no ego. Everything we see, everything we experience, is unique and beyond the dimensions of our body. We realize that everything is one and, at the cosmic level, we are all the same. We are not different entities. Only when we experience collective consciousness, we realize and experience the meaning of the word 'bliss,' the eternal bliss, *nithyananda*. The universe is filled with bliss energy. Enjoy!

5. You are One with God

Our minds are all one and the same. We are not individual separate entities, as we think. Our minds are interlinked and directly affect each other and this is what is meant by collective consciousness.

How can we understand this more deeply? Let us start with a familiar occurrence. We all catch a cold from someone from time to time. We suffer physically for a few days and eventually get over it. In the same way, sometimes we catch thoughts or borrow attitudes from other people. But unlike with a cold, we suffer mentally, forever. Not once, but forever.

Our own thoughts affect those people directly touched by them and also extend out further and affect every living thing on our planet.

This connection does not end at the mental level. A greater connection exists at the deeper levels of consciousness. These energy layers of our body are : Physical, Pranic, Mental, Subtle, Causal, Cosmic, and *Nirvanic*.

At the physical level, we all seem to be different entities, with many different characteristics. We, God and the master are physically removed from each other at this level. There is enormous distance at the physical level.

Love and suffering affect us at the physical level. We do not want to suffer but we cannot escape from it and so we suffer from physical pain, mental anguish or spiritual bondage. We suffer because we are not aware that we are a part of the collective consciousness. We think that we have an individual identity, a separate ego. When we reach the deeper energy levels, we do not have an individual entity and we do not suffer. We are a part of the collective consciousness.

Dive a little deeper, from the Physical to the Pranic level. The distance between us, God and master is somewhat reduced. Travel farther down into the Subtle level and the distance gets further reduced. The distance between God, master, and us constantly shrinks as we enter into deeper energy layers.

Our journey ends at the Nirvanic level. Here there is no distance between God, master, and us. We are all One. In a sense, we reach the centre of the universal energy. It was this experience that led ancient sages to declare that everything we need is within us.

It is very difficult for the intellect to believe or accept this; our minds will resist the very idea, but this is the Truth. We **are** God and are deeply connected to everything. We become aware of it as we ascend the energy layers.

6. Some Questions have No Answers

People often judge us by the questions we ask. Knowing this, we try to think of witty and wise questions in order to impress people.

In spiritual life, questions have no importance. I tell my disciples that answers I give to questions posed by new-comers are like candy, brain candy! It keeps them happy. Once I find that the seeker is serious, I stop answering his questions. And when this happens, the questions also drop for the intelligent one. A mature mind does not need brain candy.

When a child asks a question, it reflects the child's curiosity. However, when an adult asks questions, it reflects either lack of wisdom or the need to flaunt one's own knowledge. Some of our questions, actually have no answers but we keep debating on them just to show that we are very intelligent.

Take this example: if I ask you, 'Who are you?', you will tell me about your status or relationships. You

know to answer it only through relationships and status. You do not answer the question directly because you do not know the direct answer.

Try this exercise: sit alone in a room, close the door, and start asking the question, 'Who am I?' If you are well read in philosophy, you will think you are *Atman*, *Brahman*, or your body. You might instinctively think of yourself as your body. If you are of intellectual make up, you think you are *Atman*. But have you truly experienced who you are, either as a body or as *Atman*? No!

We play with identities, as well as hide in them. The more identities we have, the easier it will be to switch back and forth and hide behind them. Our spiritual pursuits also serve to establish an identity. A spiritual identity is as much a trap as a material identity.

We obey our boss, but when we interact with our subordinates, we put on another identity, another mask. None of these is true. We simply continue to play with pseudo identities. That's all.

Our life is a journey between birth and death. We have no idea why we were born. We have no idea when we will die. Our life is a bridge between these two unknown points. This is because we are playing with several pseudo identities. We have never asked ourselves the question, 'Who am I?' or 'What am I doing here?'

Whenever someone asked Ramana Maharishi, a realized master, a question, he would ask, 'Who is asking this question?' The questioning would then cease.

Go on and ask yourself the question. The answer will surprise, shock, or shake you. These are baby steps in a spiritual journey.

7. How to be Enlightened by 21!

Ancient spiritual masters of the East developed a wonderful system for holistic education called the *gurukul* system. In the Sanskrit language, it means, 'living with the master'.

The spiritual masters came from a long lineage or school unlike the modern residential school or any such thing we know today.

The original structure and system of *gurukul* is now non-existent. The *gurukul* system was based on the spiritual love of the ancient sage or master who accepted every child who wished to become educated. The child thrived under the love, protection, and guidance of the master. For the duration of the studies, the parents had no rights over him.

Such an ideal school was supported by people who were aware of the deeper spiritual characteristics of life. Many of their practices seem strange to us today.

For example, until the age of seven, children wore no clothes. Children had no idea that they were individual bodies. They were allowed to relate with nature and directly interact with the ether energy. A child was not aware of his body. Children believed that they were a part of nature.

Until the age of seven, a child did not begin formal education. The master radiated unbelievable love and patience. We can neither comprehend its depth nor understand its breadth.

While in the *gurukul*, the masters did not allow children to be segregated into male and female. In this way, children grew up without suppressing the opposite gender that was alive in them. In the *gurukul* system, the students were encouraged to keep their gender open because every human, even today, is born with some percentage of female and male traits.

One of the first lessons they learnt was chanting the Gayatri mantra, a deep meditation technique. They practiced this technique from age seven to fourteen.

When this meditation was taught before children imbibed the idea of identifying themselves as either male or female, it was utterly powerful and life changing. If they had imbibed the idea of gender by chance, then they could use this meditation technique to dilute the gender identification at that age itself.

Through the chanting of the Gayatri mantra, they connected to Divinity. Students would have had the experience of collective consciousness before they were 14! Then the masters taught them other techniques to reach deeper and deeper, until they were enlightened by the age of 21!

Practice a meditation technique that connects you to your core, your latent divinity. When you do that regularly you are in the *gurukul*.

8. Relax without Resisting

We have a great deal of difficulty relaxing and letting go. We are continuously resisting whatever nature offers.

Man, as a rule, is a fool; when it is hot, he asks for cool, and when it is cool, he begs for 'hot'; always asking for what is not! What does this mean? When the weather is cool, we want it to be warm. When it becomes warm, we search for an air-conditioner! We resist everything. Resistance has become second nature to us.

We resist because of our thinking. In our mind, we think that we are different from nature and therefore we are always looking for special treatment that is different from our natural ambience.

For most part of the year, it is freezing cold in the Himalayas. Even so, sages and enlightened masters make their home there, almost nude, in the cold. They are able to live in the snow without being perturbed by it.

I have lived like that and this body has been undisturbed. This body had no problems. It is because I never thought that I was different from my surroundings and never felt any separation between my body and nature.

We begin to resist anything only when we think that we are different from it. If we think that we are different from nature, our surroundings, we start resisting it. This applies to everything around us including people, situations and what not.

We can practice a very simple exercise to first recognize our resistance and increase our awareness. At this moment, if you are feeling cold, simply relax. Identify the areas that feel cold or hot. You can learn to simply witness that area of your body. Do not resist the atmosphere, do not resist the air, do not resist the temperature, do not resist nature. Do not resist the Existence around you.

Just say, 'I will not resist nature. I am not going to resist the temperature. I am not going to resist Existence. Let me relax.'

Let us be conscious and decisive. Let us be aware. Then we will feel the body relax and the idea of cold will gradually disappear from that area. We will become utterly comfortable with a relaxed state of mind.

Our mind plays this trick on us all the time, if we remain unaware. Our minds are not individual, separate entities of the universe. They are all one and the same. Our minds are interlinked and directly affect each other. Let us flood our minds with awareness and become blissful!

9. The Core

The Truth is at the core of everything in this universe. It is at the core of every rock, tree, bird, and every human being. Yet, it is not easy to live day to day in the Truth.

In our daily life, we encounter situations where we wonder if we should be totally truthful. We calculate the consequences of being a little less truthful in order to avoid hurting someone. We dilute our emotions, we change words so that we don't hurt anyone. When we do this, we are compromising the Truth.

It is hard for us to live continuously in the Truth, speaking the truth, and being connected to the inner core, the core that is nothing but the Truth. It is also hard for others to be truthful with us. Also, it is difficult for us to bear when somebody is truthful in speaking about us.

Truth hurts. Mixing a few lies to soften the truth does not make it truth. Truth has no component of lies in it. It cannot have. The moment it is diluted, you can't call it truth anymore.

We lie so easily because we are used to thinking of ways to cover our tracks. We use lies to conveniently forget the stark Truth. Sometimes we use lies as a crutch to prop up the Truth! How can it work? It will fail. Every time we use a lie, it will multiply our problems because a lie can never sustain the truth. Simply, even the smallest lie will have its consequences. When I say 'lies', I mean any words that we use to deter from delivering the truth in terms of expressing emotions, facts, narrations, anything.

Speaking the truth is dangerous. In societal terms, it is the most dangerous thing we can do. It causes discomfort to people around us and there is a good chance that people might get hurt, feel bad, or even become depressed. It is hard for us and for others around us to hear the truth.

But we should continue to speak the truth despite all this and we should continue to live in the truth. As our experience grows, we become more open and able to handle hurt, guilt, opposition of our friends and family

etc. Gradually these feelings will disappear and when this happens, we will experience real liberation while we live.

The truth is there. Everything in this universe is united by this truth. The all-pervasive God or collective consciousness is the eternal Truth and this Truth cannot, does not, and will not change. It is not possible to work around this Truth. It is also not possible to escape the hurt or anger that surfaces when handling it.

The ultimate Truth is doesn't change. It is our mind, body, and way of life that keeps changing. Living in the Truth is being in the enlightened state - the highest peak we can climb in our spiritual search.

In order to be able to bear the harshest truth, live in the truth. Invite truth to be your friend, family, and master. That is the sure road to enlightenment, permanent bliss, *nithyananda*.

10. Be Open and be Healed

There is a misunderstanding among people that I heal physical ailments. Let me be very clear: I do not heal. My presence heals.

My presence is like the sun. When the sun rises, the lotus blooms naturally. The sun does not have to pry open each lotus petal. Similarly, in the presence of a realized master, healing happens. Healing is not 'done' like a task or a job. It simply happens. My presence heals as a natural process.

We need to open our mind to help it heal. That is why, in our Nithyananda Spurana Programs we start by opening our minds first. People write about their pains, desires, guilt, and pleasures. Of course, they are not going to show it to anyone else. When they open up their minds and write, they are cured amazingly.

People ask me, 'Swamiji, why should we write all this down? We are not going to show it to anyone. We already know all this. Why should we write all this

over again? It seems such a waste of time.' But when they start writing, they surprise themselves at how much emotional baggage they are unloading through writing.

We can experience God only if we open ourselves up. Writing about your emotions and experiences in the master's presence serves two purposes. First, when people write for themselves, their minds open up and an open mind can be healed. Second, when a mind is open, healing is spontaneous. Even as they are writing these experiences, healing is happening. In my presence, healing simply happens. Without our awareness, when we open our mind in the presence of the master, healing takes place. Energy heals all wounds.

When we meditate, we open up our energy layers one by one. All our pain, pleasure, guilt and desires are laid open and we can experience Oneness when everything in all these layers is open and exposed. We experience God when everything in all the layers has been completely opened, exposed, and examined.

God is an experience. We need not search for God. God is within us. God is pure mind. God is not a separate state but simply the experience of the collective consciousness. The whole universe is a reflection of this collective consciousness. Experience this God, this bliss, with a pure mind. This experience will make you whole and when you become whole, you are holy.

Open up the heart and mind to become ready to receive and experience the collective consciousness or God. It hurts, it heals, and it takes us beyond the plane of mundane existence.

11. Internalize your Experience

We attend discourses by realized masters and listen to everything they say. We nod, we agree or disagree, and then we go back home. Once home, we forget everything that was said in the discourse.

For a lasting change to take place, we must be able to internalize the key points in the discourse. We must remember, recall, and practice at least some of the key points of the discourse in our daily life.

We need other ways to internalize the words we hear. The question and answer session at the end of each discourse is a way to clarify doubts. Why, we may think, does the master talk about this, and in this fashion?

The question and answer session is like dining in a restaurant. Everything I have presented to you is like a series of choices. They are like the items on the menu card we hold in our hands. We have several choices in it. First, we have to decide if we are hungry. If yes, we must decide if there is anything interesting on the

menu. Once we make our choice, we can order and eat the food that we desire.

Similarly, in a discourse, I touch on many topics. It is your choice to internalize it and select the best method. You can seek clarification for your doubts in the question and answer session. Again, the choice to implement and internalize it is completely up to each of you.

Although you might not agree, we have choice in everything we do. We have the choice to follow the truth or ditch it. We have the choice to cling to our lies or banish them. We can make the choice to follow the master or not. But we have to be honest about the choices we make for ourselves and accept the consequences.

A great truth supersedes all our choices. We need to recognize this truth. Of course, the truth does not care whether we believe in it or not. It simply exists.

This great truth is that we are all connected. We are connected at the physical, mental, and spiritual levels.

Another great truth is that it is the experience of enlightenment alone and not the multitude of choices at hand that can provide complete freedom.

How much of this great truth are we willing to allow to operate in our lives? That is a matter for each one of us to decide and answer for ourselves.

You are free to find the path that best suits you. Now work on it!

12. Laughter is Bliss

Being honest is an issue for many of us.

Many of us cannot express our feelings without an internal censor. We dare not be spontaneous. Instead, we mentally rehearse before speaking to our spouses, parents, friends, children, and colleagues. What we speak is not the same as what we think.

If we review our day, we will find that from the time we get out of bed, to the end of the day, we fill our time with avoidance, lies, and untruths. We are afraid to face the truth at any time because we fear that it will change us and our mind is afraid of change.

Truth is simple, very simple. Our lives are complicated by the lies that we build them on. To face the truth and demolish the wall of lies is difficult because of this fear of inviting the truth into our lives and accepting the changes that would happen.

In the same way, our smiles are false; they are mostly plastic smiles expressed by our lips alone. We are

afraid that if we truly smile, if the smile extends to our eyes, then the other person will know what is on our mind. That is dangerous. It is simpler to avoid looking into each other's eyes. The reason we go to great lengths to avoid eye contact is that we are afraid the other person will be able to read our minds.

A smile that touches the lips is only cosmetic. A true smile is expressed in the eyes. Unless the eyes smile, the heart cannot smile. That's all.

Similarly, true laughter emerges from the depths of our belly. When we truly laugh aloud, with enjoyment, we will attract attention. It is rare to hear true laughter and it is infectious.

True laughter that gives enjoyment, arises from the pit of our stomach. When we laugh naturally, truthfully, people will sometimes stare at us as if we are guilty of misconduct! Because of this social stigma, we are always guilty of expressing our true feelings.

Laughter is a great meditation. It is said that if one really laughs in awareness for ten minutes, one will

become enlightened. True laughter can only come from truth, honesty and transparency. That is why children find it so easy to laugh even without a reason. On the other hand, adults are forever concerned about what people will think of them if they laugh. They suppress laughter, the way they suppress truth.

It is wonderful that so-called 'Laughter Groups' are gaining popularity. Laughter is therapeutic in terms of relieving stress and anger. A person who can laugh without reservation and fear of being misunderstood is truly a spiritual person.

Laugh and be in eternal bliss, *nithyananda*.

13. We are Not what We Think we Are!

We are not labels: doctor, husband, friend, son, etc. We are living beings inside the labels.

We are deeply attached to these labels. We proudly wear them. When people do not notice or appreciate our labels we feel slighted, neglected, and annoyed. Our labels such as 'I am a manager' or 'I am an important businessman' or 'I own many cars' or 'I have 5 children' are endless.

When we associate ourselves with these well used labels, it makes us feel like we are a part of the world. It makes us feel successful. We feel pride in the fact that we are somebody in the eyes of the world. The truth is otherwise. We are hiding under these labels, that's all.

We are continuously partying, shopping, or watching television. We read and re-read the same newspaper. We are constantly busy. Why? We are afraid to face

ourselves. Our chief entertainment is running away from ourselves.

We believe that all this activity is the path to joy. We have always believed that we will be joyful at some point or other and we think it is only a matter of time.

By the time we are about forty we may have acquired all the material comforts we have ever wanted. But when we achieve everything, we start wondering, *why* we wanted all this! This question haunts us because we continue to be deeply unhappy even after achieving everything.

This is the 'depression of success:' ~ a peculiar disease of the rich and successful in developed Western countries. The more affluent we are, the greater the chance is of being afflicted with this kind of depression. Of course, if material wealth comes with the complete awareness of our true state, then it becomes an enjoyable thing.

But without the being level happiness, material success alone fails to make us happy, so we continue to be

restless and keep experimenting and searching. Because we keep searching in the wrong direction, we tend regularly to change or acquire new possessions. We change cars every year, we change houses every second year, and we change wives every third year! Still, we remain deeply unhappy.

At some point in the journey, we have forgotten that we are not the labels. If a parcel is traveling from USA to India, various stamps and identification marks will be placed on it in order to route and speed it on its way. The parcel may think that these external stamps are its true identity. The parcel is wrong. It is not what is outside. It is the stuff inside that makes the parcel what it is.

Dive within. Let go of the labels and seek the inner being. This is the way to bliss, eternal bliss, *nithyananda*!

14. The Alchemy of Personal Transformation

Let me tell you about an incident that happened during my wandering days in the Himalayan mountains.

During my wandering, I met an old naga *sadhu* belonging to a reclusive sect, which renounces everything material, including clothes. I had been forewarned that they were fierce and violent. Indeed, the *sadhu* I met looked fierce with his matted hair and wild eyes.

He was sitting on the banks of the holy river Ganga. I approached him and started a conversation. He was intent on smoking his pipe, filling it with a form of opium. I felt that he wasn't ready for company and decided to walk off.

Then, he did something astonishing. He placed two copper coins inside his pipe and started to smoke. When he finished smoking, he knocked the pipe on the floor and two gold coins fell out!

I followed the *sadhu* to the market. He sold the gold coins, bought more opium and repeated the process. He did it about 10 times over the next two days. Finally, the *sadhu* offered to teach me the technique.

I said, 'I have no use for gold coins. Please teach me meditation instead.' I was speaking in broken Hindi.

The *sadhu* wordlessly offered me his pipe.

I said, 'No sir.'

I asked him how he did it. He replied to me in Tamil, my mother tongue (I had not even told him who I was or where I was from): '*Angam pazhuthal thangam pazhukkum*.' If your being is ripe, gold can happen.

Then, he playfully blew smoke rings onto my face. For the next three days I was in deep bliss.

The process of changing a lower level metal such as copper or iron into gold is called Alchemy. The greatest alchemy is the inner alchemy. Let us open our being to the change that collective consciousness can bring. Let it ripen. When our being is ripe everything changes.

And what a profound transformation this state brings about! When our being is ripe, lust changes to love. Our thoughts, our inner chattering disappears. Our emotions, all our basic feelings, transform into the peak emotion humans are capable of: Love.

Our personal alchemy springs from within. Our inner transformation is directed from within. Our spiritual growth is an inner calling. When our being is ready, willing, waiting, and ripe, we are filled with Love. This powerful force will certainly lead us to the ultimate state: *nithyananda* ~ eternal bliss.

15. There are No Miracles in Life

What we label as a miracle is normal in another plane of existence. There are no 'miracles' in life.

In this incident from the life of Ramana Maharishi, an enlightened master of recent times, he used an ordinary incident to teach valuable lessons to his disciples.

A bank manager came to see Ramana and asked, 'Please give me the power to perform miracles.'

Ramana said, 'You can't handle the powers you have now. Why do you ask for more?'

The manager asked, 'What do I have now? Nothing!'

Ramana said, 'You are a manager. You hire some people and dismiss others. Are you handling these powers well? If you were performing these duties properly, you would not have stress in your life. You would be at peace. What you need in life is intelligence, not power.'

Listen to the ringing truth in the words of the master. The need of the hour is intelligence. Every one of us needs intelligence to handle routines, events and duties in our daily life, and to transform all our obstacles into opportunities. The greatest need is for inner transformation ~ the ultimate alchemy.

People repeatedly ask me to materialize objects. They seem to think they have come to watch a magic show rather than a discourse or workshop to learn meditation.

A discourse or a meditation workshop is the place for transformation. It is the place and time when deeper, inner miracles take place ~ miracles important for our spiritual progress. We need to use these experiences as guiding lights in our darkest hour. The transformation occurring in the presence of an enlightened master is the true miracle of our life. When we are looking for 'magic show' miracles, we fail to recognize this.

There are no miracles in life. In our mind, we classify everything we cannot comprehend as a miracle. Any

incident which seems to defy scientific knowledge, causes us to ask, 'Could this be a miracle?'

We should understand that this universe supports laws that go beyond scientific laws. Scientific laws are strictly human discoveries. When we discover the connections that link seemingly inexplicable, unconnected objects or events, we begin to appreciate the mysteries of our Universe. We need intelligence to solve a mystery. We do not need miracles.

We **are** the ultimate miracle.

Our bodies **are** the ultimate miracle.

Existence **is** the ultimate miracle!

16. Be in Bliss in the Here and Now

Brahman, or universal consciousness is not a hidden entity, or a secret. We can all make contact with it through surprisingly simple methods. It is possible if we know how.

Like many aspects of spiritual development, this method begins with our thoughts. Normally, we process thoughts faster than the speed of light. Our mind keeps us busy, jumping from one thought to another. It is crowded with thoughts that take us from one zone to another. We experience regret, anticipate events, suffer from guilt, and speculate constantly. We have no time to watch the traffic, let alone ground ourselves in the present.

However, if we permit ourselves to settle in the here, to live in the now, the present, our thoughts will gradually disappear. It requires constant practice, but it can be done. When thoughts disappear, the mind shows its amazing power, and our ability to expand in time and space rises by leaps and bounds. We can

traverse past, present and future simultaneously. In this way, we rise above the limitations of time.

Once we are in the present, miracles become commonplace. We become aware that they are not really miracles, but a natural flow of the universe.

Let me clarify. There is no such thing as a miracle. What we perceive as a miracle here is normal in another plane of existence. What we think of as a miracle is usually teleportation, moving a substance from one place to another.

We need no special intelligence to understand the cause and effect linkages. We should begin to appreciate the mysteries of our universe. The so-called miracles are not one of them.

Some people equate gaining these 'miraculous' powers to spiritual practice. Nothing else can be farther from the truth. These are merely distractions on the spiritual path. Every spiritual aspirant should have a single lofty goal. That is to experience the collective consciousness and merge with it.

This is possible only when we are in the present. Therefore, to facilitate this, we should remain in the present. This is the loftiest goal for everyone, be they scientists, laymen, or spiritual seekers. To be in the present is to be in bliss. To be in bliss, in *Brahman*, eternally, is to live in *nithyananda*.

So be here, now and forever.

17. When Love Turns Violent

What is lust?

The truth is, we do not know. Humans know only how to reproduce. We do not know lust.

When animals mate, they experience pure lust. They enjoy themselves. But humans are different. Our lust is born from imagination. It is built on fantasies from books and media and borrowed from other's ideas. We rarely interact with reality. Pure lust, therefore, is not natural for us.

Our struggles with lust begin in early childhood. From a young age onwards, we begin to form ideas about how our 'would be' partner 'should be'. This idea about the ideal partner contaminates every relationship we have.

We compare and contrast a real partner sitting right next to us with the person who lives in our imagination. When we do this, the real partner becomes a poor substitute for the person in our mind. The partner who

lives in our cerebral layer leaves us with a feeling of being cheated in the present.

Men feel they are being deprived while women feel exploited, used, and disrespected. Men operate from their root *chakra*, contaminated by lust and greed, Women, on the other hand, operate from their spleen *chakra*, contaminated by fear and insecurity.

Our lust and sex is contaminated with the dirt of our imagination. We can only mentally relate to another. Even when our partners are sitting next to us, we take the permission of the mental picture to live.

The Siva Sutra has a simple, yet profound way of illustrating this. One of the verses says, 'If you are a couple in bed, then, there are four of you in bed together.'

Each of you is accompanied by the other's fantasy of yourself; the man sees the woman and his fantasy about her; the woman sees her mate and her fantasy about him.

Fantasy, imagination, mental picture: these are the words we use to describe lust. The lust is not pure and therefore does not provide enjoyment. It is tainted by our imagination. It is built on our fantasies and thrives on the hope of finding the person to match the one in our mind.

Likewise, our love is tainted by fantasy and imagination. A mother says, 'I loved my daughter deeply until she married someone not of my choice.'

We do not know love. What we think of as love is actually violence: deep-rooted violence. Our so-called love wants to own and conquer another person even if they resist.

It is war. Try to understand this and drop all imagination and fantasy.

18. Beauty is Skin Deep; Grace comes from Within

We do not know how to distinguish between beauty and grace.

Anyone can be beautiful, feel beautiful. We can learn to feel beautiful by watching other people and copying them or by fulfilling the imagination in our minds. Make-up, ~ the use of 'spare parts,' clothing and plastic surgery, can make us feel beautiful.

But grace is totally another thing. Grace, the highest form of beauty, has to rise from within. Nobody can teach us to be graceful. It rises from the fountain of well being that we have for our bodies, our minds, and ourselves. It originates in our acceptance and love of who we are.

Tulsidas, the composer of the great Hindu epic Ramayana, said of Sita, its heroine, 'When Sita entered her father's court, everyone stood up to pay respect to the princess.' Sita's father was emperor Janaka and his court included illustrious sages like Vasishta. It is said

that even her father stood up in respect for this young princess! That is the power of grace.

We can develop grace if we can love deeply and completely. Many of us only know how to love our needs. We only know how to love a person when they obey us. We can only love something that is an extension of our ego. That is not love but slavery. True love arises from deep compassion.

One way to develop this love is by a beautiful meditation technique that can be followed every morning to awaken our Self awareness. We touch every point of our body with deep love first thing in the morning, even before we stir from our bed. We should do this as soon as we wake up. This allows the subtle body to settle into the gross physical body. The love from the subtle body transmits to the physical body.

Let us add friendliness in all our interactions at all levels. Let us learn to welcome and accept people and events as they happen. Also, let us welcome and accept our own mind, body and spirit as they are.

There is no difference between being graceful and being blissful. The choice to be in this state is yours.

If we wish to be blissful, we will make no comparisons and experience no regret. We will plan nothing and anticipate nothing. Let us just live in the love of the present. Let us learn to love the present and all of our experience now. Let us learn to live in *nithyananda* - eternal bliss.

19. Understand what you have Lost!

How often do you put off doing chores? You think that you will have a lot of time on your hands later to finish whatever you put off. However, not only will you not have time, you will not remember what you were supposed to be doing or looking for. If you waste time like this, that much of your life has been wasted.

We ignore every minute as it presents itself and instead, we search for something else.

A small story:

An old man went with his family and grandchildren to the cinema. During the movie climax, the old man began to crawl on the floor in search of something.

The grandson asked, 'Grandpa, what are you doing? This entire row is disturbed by your antics.'

The old man replied, 'I lost my toffee and I am searching for it.'

Again the grandson said, 'Be silent! I will get you new toffee.'

For a minute, Grandpa calmly sat in his assigned seat. But he soon began to crawl on the floor again on his hands and knees.

Again the grandson asked, 'What are you doing? Sit silently. We can get new toffee.'

'I can't' replied Grandpa. 'I want that same toffee.'

The grandson could not understand what was so special about that toffee. He asked why.

The grandpa wailed, 'Because my dentures are stuck to it!'

This funny story has some truth in it. Most of the time, we do not understand what we have lost. Therefore, we have no idea what we are searching for. We only feel something is missing, but we have no idea what is missing or how it went missing.

In life, we search for material things for happiness. We search for toffees. The truth is, the toffee does not give us the real happiness. Beyond the toffee, there is something that gives us real happiness. We need to find that.

This is true in every facet of our life. We do not understand how to live now and here and we are swinging between the past and present. In fact, in this way, we reach nowhere.

We always think there are three time zones: past, present, and future. This is a totally wrong concept. There is no past. There is no future. There is only one time zone, which is the Present. Either you live in the present or you do not live at all.

Living in the present leads you to eternal bliss, *nithyananda*.

20. Make any Pain Disappear!

Pick anyone at random and ask them how they feel. Chances are, they will immediately report a pain. Did you know that pain has no positive existence?

Pain, like darkness, has only negative existence. If we shine light onto darkness, it has to disappear. In the same way, pain is caused by low energy, low attention to a body part or anything for that matter. When we bring our attention to the area, we are in effect bringing our energy to it. We will then see that the pain simply disappears.

The pain in our body is actually the gap between our real body and our mental body. It exists as the pain body between the physical body and the mind.

If we live outside of our body for a long time, the gap becomes too large and the pain will also increase proportionately. If the gap is small, we feel the strength of the pain body also diminish. When I say 'outside the body', I mean not living completely in the present with our mind. Where we are, our mind is not.

The mind is wandering between the past and future continuously. This is what causes this gap.

Reducing pain is simply a matter of reducing this gap. How to reduce this gap? There is only one method for it. We need to continuously live in the now, the present moment, and accept whatever that moment brings to us without resistance. We need to live with awareness throughout the day, '24-7-365' as we say.

If we live in the present we will see two miracles happening to us. First, we will be free of pain and second, we will continuously experience bliss inside our being.

Be very clear: when the gap between the pain body and the pleasure body is reduced, we feel pleasure. When the gap between our body and the mind is reduced, when we come to the present moment, we feel that pleasure. Whenever we do not live in the present moment we feel pain.

There is a beautiful Zen saying, 'Bring your awareness to your body and to your pain, and you will see that

pain disappears.' Any pain, be it physical or emotional, will disappear.

Any pain we experience is the result of unawareness.

Next time you feel pain, focus on the pain, instead of diverting your attention. Go into the pain without feeling any suffering and without thinking about the pain. Just watch the pain and you will find that it disappears.

21. If your Being is not Energy, how then can you be Alive?

People ask me, 'Swamiji, how does your touch heal so many people? How can just your touch do so much healing in our physical, mental, and emotional being?'

An enlightened master is more than living in his body. He is present with his whole Being. Therefore, simply, the presence of an enlightened master is enough to heal. When a master is present, his being is there. There is no other secret.

People ask me, 'Do you chant any *mantra* when you heal? Please teach us. We will also do it.'

I don't chant any *mantra*. No chanting at all. When I touch you, I just become that touch. That is all. My whole Being touches. There is nothing else. My whole Being feels the touch.

Our being is pure energy. We can choose to believe it or not, but the truth is, we are energy. Do not doubt

this. If your being is not energy, how are you alive? We are alive and moving because we are simply energy.

How can we be anything else except pure energy? When we give our total energy and concentration to anything, it blossoms into energy.

When I touch, I am touching totally: I am totally in tune with the touch. That touch is my Being. That is all. That energy heals. Totality is always energy.

Why do we touch the feet of the master? Because he is complete. His being is totally here in the field of 'now'. He is in the present, in this space, now and here. He lives totally, completely, and absolutely now.

Here is our problem: all our life we have avoided living in the 'present' or 'now'. We begin this game from the moment we are born and play it until we die. We never face the moment of now.

Why do we do this? Why do we avoid being in the now? Because, facing now or living in the now means taking responsibility for our own life. It also means

living now, right this second, filled with energy. It means that we live totally in the moment that presents itself and as it offers itself. Whatever is happening in the moment, we should completely accept it, acknowledge it and watch it.

Accept it. This responsibility will let us be in touch with the energy of our being. That energy is joy or bliss, *nithyananda*.

22. Let Joy Rise from Within you!

Ancient vedic Scriptures say that man is a creature of bliss.

Man enjoys the pleasures and the bounty of the Earth. The source for this pleasure is not in external things, as we think, but actually is from within. Only when bliss, joy, and pleasure well up from within, does it bring lasting joy. Beyond joy is bliss. Being continually in the state of inner bliss is called Enlightenment.

We all experience moments of pleasure. What we think of as pleasure is nothing but living in the present moment. We experience pleasure when we happen to be in the moment. We are in bliss when we continuously live in the moment.

How can we experience being in the present moment? Let us say that our mind continuously asks or craves for a special kind of sweet. If we get that sweet, when we put the sweet in our mouth, immediately the mind, which has continuously asked for this sweet, comes to a stand still to cherish that moment. When the mind

comes to the present moment, it feels pleasure. If we can continuously stay in the present, we will continuously experience bliss.

To live in the present is to feel a kind of relief ~ a sensation of peace. However, immediately, we think that the pleasure or peace has come from something outside of us.

Please be very clear: this is the greatest mistake that we make. The mind that craved the sweet thinks that the satisfaction of tasting the sweet gave the pleasure. The mind is a little calmer after having obtained what it asked for, but the source of the pleasure is actually from within not from the sweet! It springs from the being that has centered itself in our body.

Ramana Maharishi, an enlightened master, illustrates this with a beautiful example. He says: 'A dog gnaws at a dry bone continuously with a desire to eat the marrow. The dog bleeds from his mouth. But the dog thinks that the blood is oozing from the bone and it begins to enjoy the bone anew.'

We react the same way with all the pleasures of the world. When we enjoy our desires, our mind settles, becomes calmer, and merges into our being. Because of this, we feel pleasure. At this point, we fail to understand that the pleasure originates from our own being; that the pleasure arises from our own inner being, our own inner consciousness.

Once we understand this, then instead of settling down in this state with the help of an external reason, we can make it happen just like that! Enlightened masters are in eternal bliss all the time causelessly. This is the state I am talking about.

23. Don't take your Life for Granted

Boredom is a modern disease which arises when we don't know what to do with our time, money, success, friends, or life.

Boredom is actually a mental state. Our mind perceives the present moment, events and situations and labels them as old or boring or commonplace or interesting and so on. The mind begs for something new all the time, rather than being in the present and accepting what is.

Busy-ness can mask boredom, but it does not bring lasting happiness. It may seem that people are not busy in India, because they are not involved in stressful business, like in America. They may not have business, but they are busy in their own way. Busy without business. Of course, sitting in a tea stall and speaking about the same old politics is also a kind of business. It may not earn them dollars, but it keeps them busy. Being busy is just our mental habit. We

can avoid being present and taking responsibility for our lives.

We develop other ways to stop becoming aware of what we are doing. Multi-tasking, for example, the habit of doing two or more things at the same time, is a sure way to stop focusing on the task at hand. Be clear: we can never be efficient if we try to do two things together.

At the same time, we ignore many things happening around us by taking them for granted. Take the example of a single action like driving. If, in our mind, we have taken driving for granted, then we will feel bored as soon as we sit in our car.

How do we break out of this cycle?

Live in the moment. Live the road; live it as it unfolds when we drive. No moment is old. Every moment is a fresh, new gift. Nothing can become old or boring if we live in the moment. See everything as if you are seeing it for the first time. See every sunrise, every sunset, as if you are seeing it for the first time. And the

truth is, it is fresh everytime. Nothing can be old. Existence is evolving every minute, then how can anything be old?

It is our mind that makes things seem old. Because the mind does not stay in the moment, things seem to be old and we feel bored. We see things for the first time with a little freshness. After that, we don't really see the thing at all; we see it through our already formed idea of it. We don't see the sunrise with a fresh mind. We see it against the unconscious backdrop of all the earlier sunrises that we have seen or heard about.

Be clear: boredom is death. It is the death of our freshness, of our aliveness. Only a person who lives here, only a person who lives in the 'now', is alive. Everybody else is more or less either a ghost or sleep walking.

Let it be clear: to be alive, the mind has to be fresh, sharp, and welcoming. A person cannot be alive when he lives in the past or future. He who lives in the 'now', is the only one who lives. Let us allow ourselves to enter into the space and time of now and here.

24. How to Recharge your Body

Do you want to experience a whole touch? A total touch? Go and meet an Enlightened master.

Whenever a master touches something, it is total. That which is touched by the master becomes whole, and holy. A master can touch with his Being, because he is always in the present, in the 'here' and 'now'.

Besides healing, a master's touch will energize an object, for example the rudraksha bead *malas* that many people wear, I just energise and give, that's all. People ask me, 'Swamiji, if being in your presence is enough, why do we wear beads? Why these beads in particular?'

Consider this example: when a battery is discharged, you plug the battery into the power source to recharge it. In the same way, whenever our body is discharged, whenever it reaches a low energy level, our mind and body enter into depression. At that time, these beads can supply energy to you. The beads that are blessed by the master function as a storehouse of energy.

These beads, when energized by the master, can supply endless energy to you, and to your body. Wear them around your neck. If you feel that you cannot wear them at your place of work, then wear them at nighttime only, but you need to have them on your body.

You will see that the beads will work miracles. The power of imagining or visualizing what they can do is beyond you.

When you wear the beads blessed by a master, they work on your body 24 hours without a recharge! They also serve to remind you again and again to slow down, to live in the present.

The holy beads can be used as a technique for meditation. Whenever you remember the rudraksha on your body, immediately you can bring your mind and awareness into present. They can also remind you of the spiritual aspect of your life.

You can wear beads on your wrist, arms, or along with your gold necklace. Keep these holy beads under the

pillow or always have them in your vicinity. They can radiate and give you tremendous energy.

You will be continually recharged with the master's energy when you wear them.

The mala is just one more technique to recharge your body. There are so many other ways to do it. Just feeling your body with genuine love and respect can recharge it. After all, it is only because of your body that you are able to enjoy anything in this world. If you can feel this deeply, and love your body, you can keep it healthy and recharged forever.

25. Spirituality goes with Vegetarianism

The first twenty minutes immediately after we wake up in the morning, plays a vital role in shaping our entire day. The mood we are in, the thoughts that arise and the way we react to these thoughts during the first twenty minutes, sets the trend for our entire day. Watch this from now on.

One way to wake up refreshed, without depression every morning, is to eat vegetarian food. To many Western people it might come as a surprise to know that there is a finer aspect to vegetarian food. This refinement helps the energy flow in our body. This pure food is called *satvic* food. When we adhere to a *satvic* vegetarian diet, we do not consume garlic, onions, or green chilies (jalapeno peppers) in any form. This diet is the best. It keeps us light and active throughout the day.

Our mind will immediately ask the question, 'Why should we avoid these foods? Garlic, onion, and green

chilies contain natural steroids in them. They are ideal medicines.'

We can ingest them as medicines, but not as a regular part of our meals. Daily intake of these as food will bring down our energy flow.

Similarly, tea and coffee are not good for our system as they actually over-stimulate our body and leave us tired. Now you know why people run for a caffeine fix!

Meat, alcohol, and cigarettes are considered *tamas* (lethargy) inducing items. These foods or habits induce laziness in us. Using these substances makes us dull and disturbs the energy flow in our body. These foods create a feeling of depression in the morning.

It is possible to support the cause for vegetarianism only from the point of view of practicality. Philosophically, eating vegetables can be considered as violent as eating meat, because plants too are living creatures.

Not only that: as humans our teeth have been designed to cut and chew only vegetarian food, not flesh of animals.

All this apart, a spiritual point of view will provide a better understanding of the significance of vegetarian food. If an enlightened, spiritual master declares that vegetarianism is the best, then it is the ultimate truth. The master knows from experience.

For every other argument we have strong counter arguments. It is in my personal experience that vegetarian food allows more sensitivity and ecstasy in the energy flow that happens in your system. We feel light and ecstatic with this diet. Definitely, vegetarian food is better for people who want to enter the spiritual path.

26. You too can become Enlightened!

We all live at three levels.

At the first level, we live in our head. We live using our intellect and logic. The second level is our heart, and at the third level we live at the core of our very being. We live in our true identity.

When our intellect is heightened, when it ripens, it shines forth as common sense or intelligence. Although called *common* sense, it is really a rare treasure, an uncommon thing, on this planet Earth! When our deep emotions ripen, they turn into faith. And when our being ripens it leads to enlightenment!

What is enlightenment? People have several strange notions about this concept. Enlightenment is simply the experience of our inner energy. It is not based on any outward activities, as we might presume.

This concept, although simple, is not easy for people to understand or follow. Be very clear: enlightenment is simply our individual experience of the inner energy.

There is no-one who is barred for any reason from reaching enlightenment. An alcoholic, a woman, an untouchable, a criminal: each one is equally as eligible for enlightenment as anyone else is. A man has no edge over a woman. In fact, a woman lives in a higher energy plane than a man. A man who claims to have led a pure and chaste life may not become enlightened at all. Enlightenment is within the reach of one and all, regardless of our social behaviour.

Many people may take this as a license to do whatever they want to do. This can lead to anti-social elements in our society and this in turn can create even bigger problems in the world. Masters realize the potential problems this assertion can cause with the uninitiated public. That is why they do not speak about it, freely and generally, in public. If people mistake this basic truth, it can lead to unwanted complications.

Let us all work towards enlightenment. Everyone can reach it. Everyone is eligible, and everyone is entitled to it. Let nothing stand in your way of reaching that state.

27. Are we Intelligent?

Man thinks he is intelligent, but the problem is that he cannot express his intelligence without conflict. When an intelligent person speaks, there should only be harmony. An idea offered by that person should not create any conflict. Can we always speak thus about ourselves?

When intellect heightens through awareness, it ripens into intelligence or common sense ~ a rare commodity on earth. Anyone can heighten their intelligence by using one of many meditation techniques.

Intellect, however, has its limits. Intellect, as a concept of the mind, serves to keep us from learning to live ecstatically, blissfully, and fully. Human life has one goal: to learn to live in ecstasy. That is our ultimate goal. Most human beings, however, do not realize this.

Some people confuse intelligence and free will. Intelligence is the expression of our Being, operating through our aware mind. Human beings also have free

will: the ability to choose to operate in the flow of universal intelligence or to operate from our mind or ego.

By nature, human beings are intelligent. But, through our free will, we can choose to be intelligent or remain as fools. We can and do make this conscious choice. We can decide whether to live with our inborn intelligence or not. That's all.

Animals and non-living things do not have this choice. They are intelligent by birth and remain intelligent throughout their lives. Humans have the choice to become fools. That's the only difference.

Except for this single difference, there is no other difference between a man and an animal. The nature of animals and non-living things is to remain in their own intelligence at all times. They eat when they eat; they sleep when they sleep; they have no fantasies as humans do. They truly live in awareness and reality.

Humans, on the other hand, live completely in a fantasy world. We would like the world to be in line

with our perceptions, rather than changing our perceptions to match life as it is.

This universe has created itself out of its own intelligence and, in fact, creation, created, and creator are one and the same. The universe has its own intelligence, energy, and power to replicate, grow, and evolve without limits.

Let us ask ourselves again: are we intelligent? Are we moving in tune with cosmic intelligence? Are we ready to be guided by cosmic intelligence?

28. Tomorrow Never Comes!

When we have a task to do, we often put it off by saying, 'I will do it tomorrow.' Little do we know that tomorrow does not actually exist!

We are used to thinking that the time at our disposal can be split into three parts: past, present and future. What has already happened is in the past, what will or might happen belongs to the future, and what is happening now is the present. I can tell you that your fundamentals are completely wrong. There is only one period of time - now. There is no other aspect of time.

We are fond of saying, 'Tomorrow I will do this.' But, be very clear: when tomorrow comes, it will arrive only in the form of today - now. It never presents itself to you in the form of tomorrow. You can say, 'Tomorrow, I will be happy. Tomorrow I will become enlightened. Tomorrow I will do the meditation.' Please understand that the tomorrow you are thinking about is never going to arrive in the way you are thinking. It is arriving in the form of every moment - now.

Be very clear: again and again, you promise that tomorrow you will be happy, tomorrow you will be enlightened, tomorrow you will be joyful, because you do not yourself believe that these predictions will ever happen. You are simply finding reasons to postpone these things from happening.

A small story from India:

In Indian Astrology, Saturn, one of the nine planets, is revered as well as feared as a minor deity. Ganeśa, the elephant headed son of Siva, is considered to be immune to the evil intents of Saturn. It is said that he has a big sign on his door that says, 'Go away today and come back tomorrow.' So, whenever Saturn comes around, he reads the notice on the door and goes away. The following day, when Saturn returns, the same thing happens: he reads the sign and goes away. Tomorrow never comes!

This is exactly how we live. In our case, whenever we decide we want to learn to truly live, to fully express our Being, and to live as we truly desire, our mind always says, 'No, No, No, No, No! Now is not the right

time. Let us wait. Let us do it a little later. Let us give it a little time until tomorrow....tomorrow.'

When you put off your spiritual development until tomorrow, you are providing an excuse for yourself to never do anything now or today. In fact, by saying 'tomorrow,' you will never achieve anything at all. You will simply find comfort in holding onto the reasons that your mind makes up to satisfy itself. And you will never grow.

29. Reach out from Within

Are we friendly with ourselves? Most of us would have to say, 'No, we are not!' Let us be fully aware of how we treat ourselves. This is a great meditation.

We disrespect and abuse our bodies in many ways. For example, we stay up late into the night watching television. We rub the sleep away from our eyes and ignore our body that is crying out for some sleep. We gorge ourselves with food even when our stomach is full. We smoke even when our lungs cry out. We drink ourselves into oblivion. We treat our bodies like a garbage dump and torture them to extract enjoyment. We are like hogs with our noses in filth. The hogs no longer smell the filth but just believe that the filth is their world.

We are violent in our outward behavior as well. In fact, what we believe as 'love' is actually violence. We think that people we love have to obey us implicitly in order to show that they care about us. We treat people we love as an extension of our ego. This is violence.

We are extremely concerned and bothered about the terrorism that happens outside in the world but ignore the violence at home and violence against our own bodies. Sadism and masochism do not bother us because we feel we have the right to treat our own bodies disrespectfully. Because we have no conscious awareness of this violence against ourselves, we create feelings of guilt. Terrorism bothers us because the violence is projected outside of ourselves. We torture ourselves with guilt; we torture others through our perfectionism.

One of my devotees told me, 'My wife is a lawyer.'

I asked, 'Does she argue in the courts?'

He replied, 'No *Swamiji*, she argues at home.'

All arguments at home are because we want another person to be like how we want them to be. Let us drop our imagination and dreams about ourselves and our behavior. We can start by becoming friends with our own body, mind and being. Let us carry with us words that heal others and also carry our body in a manner

that is healing for others and for ourselves. Let us carry friendliness with us always. This is not an idle exercise: it is a spiritual process.

The first time we approach others out of friendliness, they may not receive us openly because of our past behavior. Persist and persevere. Do not let that or anything else stop you. Do not stop being friendly, even if others do not reciprocate. Simply carry on until they believe you are sincere and begin to reciprocate.

This deep-seated friendship within ourselves will also help us to develop grace. Let us carry this grace and goodwill of the Goddess within.

Let us drop imagination about our body, mind and being and about others as well. Then watch the remarkable inner alchemy blossom from within. You will be in eternal bliss, *nithyananda*, forever.

30. From Chaos to Singularity

When we see the world around us, it seems that everything is chaotic. In fact, Western scientists have recently developed the chaos theory. Every action initiated by humans or by celestial objects, produces a reaction, and until recently, scientists were sure that action and reaction were equal and opposite. The chaos theory states that action and reaction need not be proportionate. Scientists now realize that there is no linearity in nature or in this universe. A butterfly fluttering its wings in China can cause a tornado in Mexico! These conclusions are similar to the observations of ancient sages in the East.

Many thousands of years ago, wise sages of the East proclaimed that all of the universe, and every living and non-living thing in it, was a part of collective consciousness. They said that our world is deeply interconnected at many levels and everything we do or think influences everything around us. We share the same energy with many different creatures and objects in the universe.

Western scientists before to Einstein considered energy different from matter. The intellect of this great thinker united the two seemingly different substances in his famous equation, $E = MC^2$. Still, in theory, the two could never exist together in space and time. In other words, scientists struggled to explain how two different entities could occupy the same time and space. Theoretically, such a state was impossible, but practically, the experimental results were saying just that!

Recently, scientists have developed the principle of 'singularity' which allows matter and energy to exist simultaneously. Now, scientists can explain how energy and matter can exist in a common time and space framework and are now making the same proclamations as the ancient sages of the East.

'Singularity' in other words, is the common platform for East and West to discuss the Universal Consciousness or *Brahman* or God. This truth has been proclaimed from the Upanishad Age, and is the common thread that holds the entire universe together.

This energy is in our own body and in order to experience it, we need to travel inwards through meditation. At the end of it, we will merge with the universal energy and in this state we will be in eternal bliss, *nithyananda*.

About Paramahansa Nithyananda

Paramahansa Nithyananda

is an enlightened master living amidst us today. With a worldwide movement for meditation and inner bliss, Nithyananda offers solutions for situations as practical as every day stress to the quest for something as profound as enlightenment. He left home at a young age and traveled the length and breadth of India, visiting holy shrines and associating himself with spiritual masters and mystics. He realized his intrinsic knowledge through the paths of meditation, yoga, tantra, knowledge, devotion and other Eastern metaphysical sciences. With an enlightened insight into the core of human nature, Nithyananda has defined his mission for humanity at large. Rooted in the ancient tradition of living enlightenment, and embracing all world religions as



sacred and unique, Nithyananda draws people from around the globe, crossing all societal, cultural, language, age and gender barriers.

About Nithyananda Mission

Nithyananda Mission is a worldwide movement for spreading meditation and inner bliss. The services provided by the organization include • meditation • yoga • corporate leadership programs • free energy healing through the *Nithya Spiritual Healing system* • free education to youth • promoting art and culture • *satsangs* (spiritual gatherings) • free medical camps and eye surgeries • free meals at all ashrams worldwide • a holistic system of education for children through the ashram *gurukul* and a host of specially designed meditation programs.

Programs Offered by Nithyananda Mission

Inner Awakening

Inner Awakening is a 21-day ‘master’ program that is intensely transformative. It is designed to reproduce

all the components of *jeevan mukti* or 'Living Enlightenment' in every individual and brings about an irreversible alchemy of moving from the mundane to the Divine.

Life Bliss Engineering (LBE)

LBE is a 90-day residential program to experience the intense and transformative power of being in an enlightened master's presence. Conducted at the Bengaluru ashram in India, it takes you to the depths of your being through yoga, meditation and a wide range of multifarious activities and helps you to awaken your innate peak potential. It is a lifetime opportunity to learn directly from a living enlightened master, to engineer your very body and mind for enlightened living.

Kalpataru

A one-day meditation program that sows in you the seed of Living Enlightenment. This program empowers you with the energy to **align your actions with your intentions** so you move with outer world success and inner bliss.

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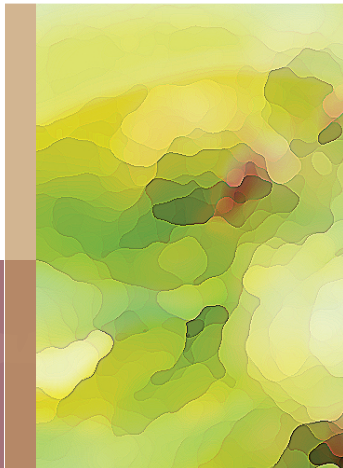
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Make any pain disappear!

Pick anyone at random and ask them how they feel. Chances are, they will immediately report a pain. Did you know that pain has no positive existence?

Pain, like darkness, has only negative existence. If we shine light into darkness, it has to disappear. In the same way, pain is caused by low energy, low attention to a body part or anything for that matter. When we bring our attention to an area, we are in effect bringing our energy to it. We will then see that the pain simply disappears.

The pain in our body is actually the gap between our real body and our mental body. It exists as the pain body between the physical body and the mind.



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